

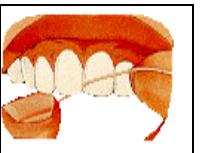
## Kev siv hlua dig hniav (Dental Floss)

1. Tu txoj hlua dig hniav kom ntev kwv yees li 18-20 inches (45-50 cm) coj los kauv puag ncig kom yuav luag tag (kwv yees lis 12 in. los yog 30 cm) rau ntawn koj ib tug ntiv tes.



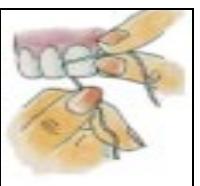
2. Muab txoj qab hlua dig hniav uas seem ntawd coj mus kauv ncig tus ntivtes zoo tib yam li tus no nyob rau sab tes sab tod. Tus ntiv tes no yuav yog tus kauv yav hlua dig hniav uas siv tag tsis huv lawm zuj zus mus.

3. Siv koj ob tug ntivtes xoo los pab cov ntivtes tuav ob tog hlua rub kom nruj nruj, tseg txog hlua thajtsam li ntawm 3 cm seem cia hauv nruab nrab ntawm koj ob txhais tes.



4. Maj mam swb thiab maj mam txhuam txoj hlua dig hniav mus rau hauv cov kis hniav. Ua tib zoo, tshob cia li tib chua rub mus rau hauv cov pos hniav, tsam txoj hlua hlais cov pos hniav.

5. Tuav txoj hlua dig hniav kom nruj nreem rau ntawm tug hniav. Maj mam muab txoj hlua dig hniav txhuam mus rau hauv thiab rau saud tab sis ua tib zoo tsam hlais cov dig pos hniav.



6. Dig li hais no kom thoob plaws cov hniav. Nco ntsoov dig sab kawg nkaus nram qab ntawm tus hniav kawg nkaus tom qab.

7. Koj yuav tsum tau siv txoj hlua dig hniav no los dig hniav ib hnub ib zaug.

# Txuag koj cov hniav kom txhob muaj mob

## Rau cov neeg Muaj Hnub nyoog Lawm



August 2000- HMONG  
Keep Your Teeth Healthy: For Adults

## Noj hom zaub mov uas yuav zoo rau yus lub cev

 Noj txiv hmab txiv ntoo thiab noj zaub kom ntaw tej no yuav ua rau koj lub cev thiab cov hniav ruaj thiab muaj zog.

 Txhob noj cov zaub mov uas muaj pem thaj thiab muaj yam qab zib xyaw rau hauv.

 Yog koj noj cov khoom qab zib koj yuav tau maj nroo txhuam hniav.

## Siv Hom Pas Tshuam Hniav Kom Zoo thiab Yoojyim Rau Koj

 Koj yuav tsum mloog tau tias thaum tus pas txhuam hniav nyob hauv koj lub qhovncauj lawm mas tus pas yeej zoo txhuam thiab yeej haum koj lub qhov ncauj zoo. Ua twb zoo xyuas kom tus pas ncav txhuam txog cov hniav nyob tom qab.

 Xyuas kom meej tias cov plaub xov siv ua cov plaub txhuam hniav nyob rau ntawm tus pas txhuam hniav mas yog cov plaub xov nylon. (Cov pas txhuam hniav siv cov plaub xov dog dig mas yaig sai heev thiab tsis tag li nws kuj ua rau kom muaj tau kab mob tej ciaj tau khuam nyob rau ntawd.)

 Koj tus kws kho hniav muaj pee vxwm qhia tau rau koj tias hom plaub tshuam hniav twg thiaj li zoo rau koj cov hniav, piv xam li yuav siv cov plaub ntxhib los sis cov mos. Tsis tag li yog koj ho muaj tej Yam teebmeem txog ntawm koj cov hniav, es yuav tsum tau siv qee yam pas txhuam hniav xwb, los nws yeej pab qhia tau rau koj tib si.

## Thaum Twg Yuav Tsum Hloov Tus Pas Txhuam Hniav

 Hloov tus pas txhuam hniav tshiab thaum pom tias cov plaub xov ntawm tus pas txhuam hniav pib yaig van los yog thaum uas zoo li tus no laum.

## Siv Hom Tshuaj Txhuam Hniav Uas Zoo Rau Koj Cov Hniav

 Yuav hom tshuaj txhuam hniav uas muaj txhuaj FLUORIDE-thiab Pab tiv thaiv tsis pub koj cov hniav lwj.

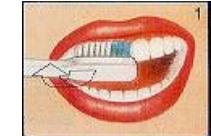
 Koj tus kws kho hniav mam qhia rau koj yog koj cov hniav muaj teebmeem es yuav tsum siv qee yam tshuaj txhuam hniav xwb.

## Nquag Txhuam Koj Cov Hniav

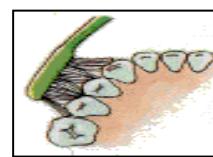
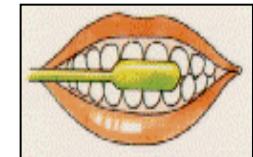
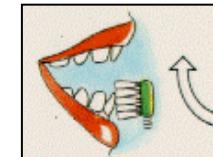
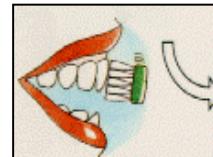
 Ib hnub koj yuav tau txhuam koj cov hniav ob zaug-thaum xaww ntxov thiab ua ntej yuav mus pw. Txhuam koj cov hniav txhua zaug tom qab uas noj mov tag lawm los haj yam zoo xwb.

## Txhuam hniav li no thiaj yog

1. Muab koj tus pas txhuam hniav tuav pws ncaj ncaj, es txhuam cov hniav puas ntawm thaj chaw uas pheej siv zom tej zaubmov.



2. Majmam muab tus pas txhuam hniav txhuam cov pos hniav zujzus los mus rau ntawm cov ntsis hniav es thiaj txhuam tau cov quav hniav tawm ntawm cov pos hniav los mus.



Ntawm cov hniav tabmeej mas majmam muab tus pas txhuam hniav txhuam cov hniav mus mus los los (tshuam deb li tus kaus hniav xwb).

3. Thaum txhuam sab hniav sab nraud tag, mas yuav tsum txhuam tib Yam nkaus rau sab hniav sab hauv lub qhov ncauj thiab.



4. Muab koj tus pas txhuam hniav tuav pw tav toj kom ncaj, es txhuam mus rau tej chaw uas pheej siv zom tej zaubmov.



Txhuam koj tus nplaig thiab es thiaj tsis ua rau kom koj ua pa tsw phem. Tos ua pa tsw phem los yog vim muaj cov kab bacteria thiab tej quav hniav quav zaub quav mov lwj khub rau ntawm tus plaig.